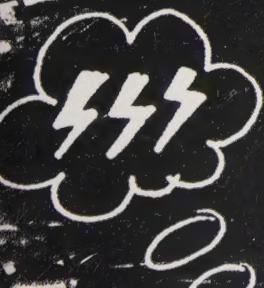




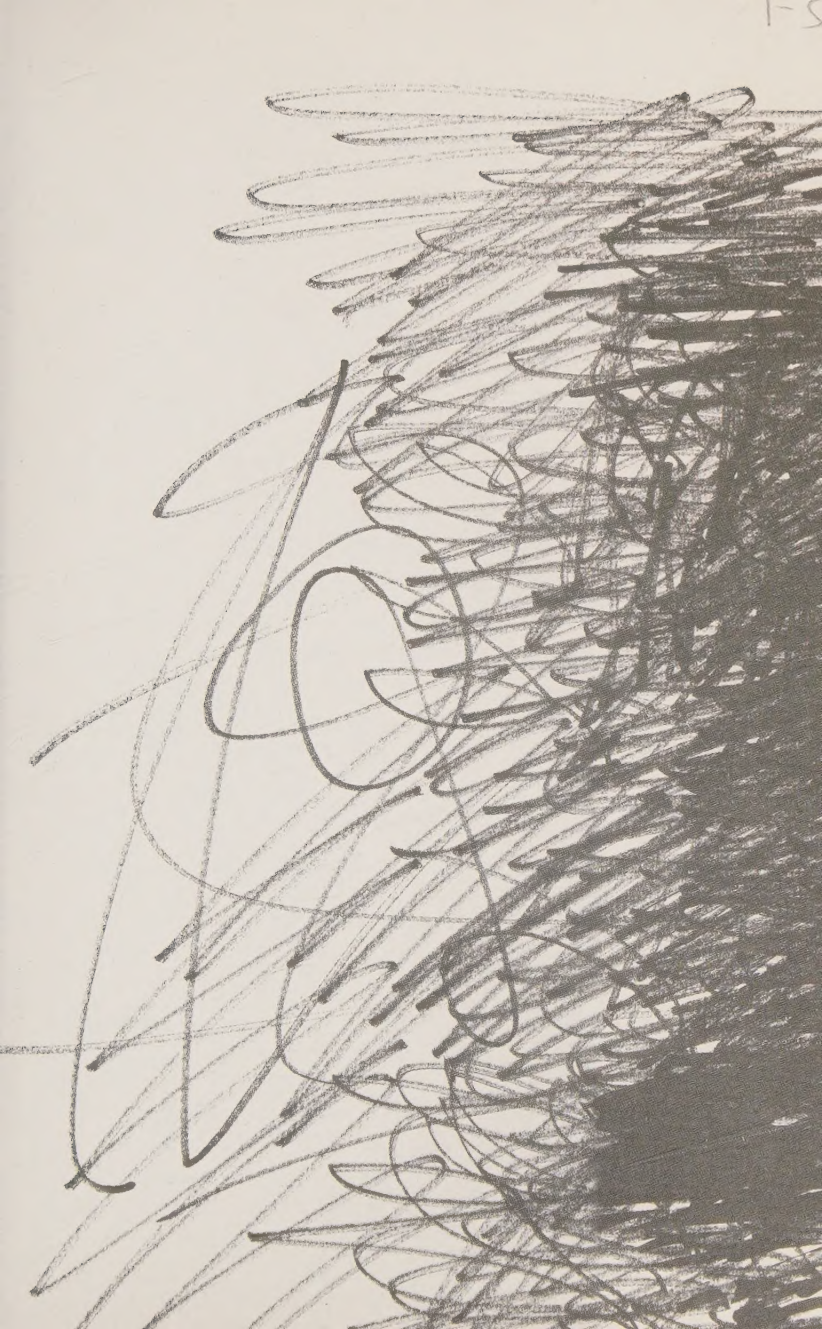
**THE LITTLE
BOOK OF
BAD
MOODS**



BE YOUR
WORST
SELF

BLOOMSBURY





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Bloomsbury Publishing Plc
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First published in 2018 in Finland as *Pieni pahan mielen kirja* by Otava
First published in Great Britain 2018

This English-language edition published by agreement with Lotta Sonninen
and Elina Ahlback Literary Agency, Helsinki, Finland

Text © Lotta Sonninen, 2018

Work © Otava Publishers, 2018

Original edition published by Otava, 2018

Cover, graphic design and illustrations by Otava Publishing Company Ltd/Piia Aho

English translation text © Lotta Sonninen, 2018

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A catalogue record for this book is available from the British Library

ISBN: PB: 978-1-5266-0989-2

2 4 6 8 10 9 7 5 3 1

Printed and bound in Great Britain by CPI Group (UK) Ltd, Croydon CRO 4YY

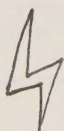


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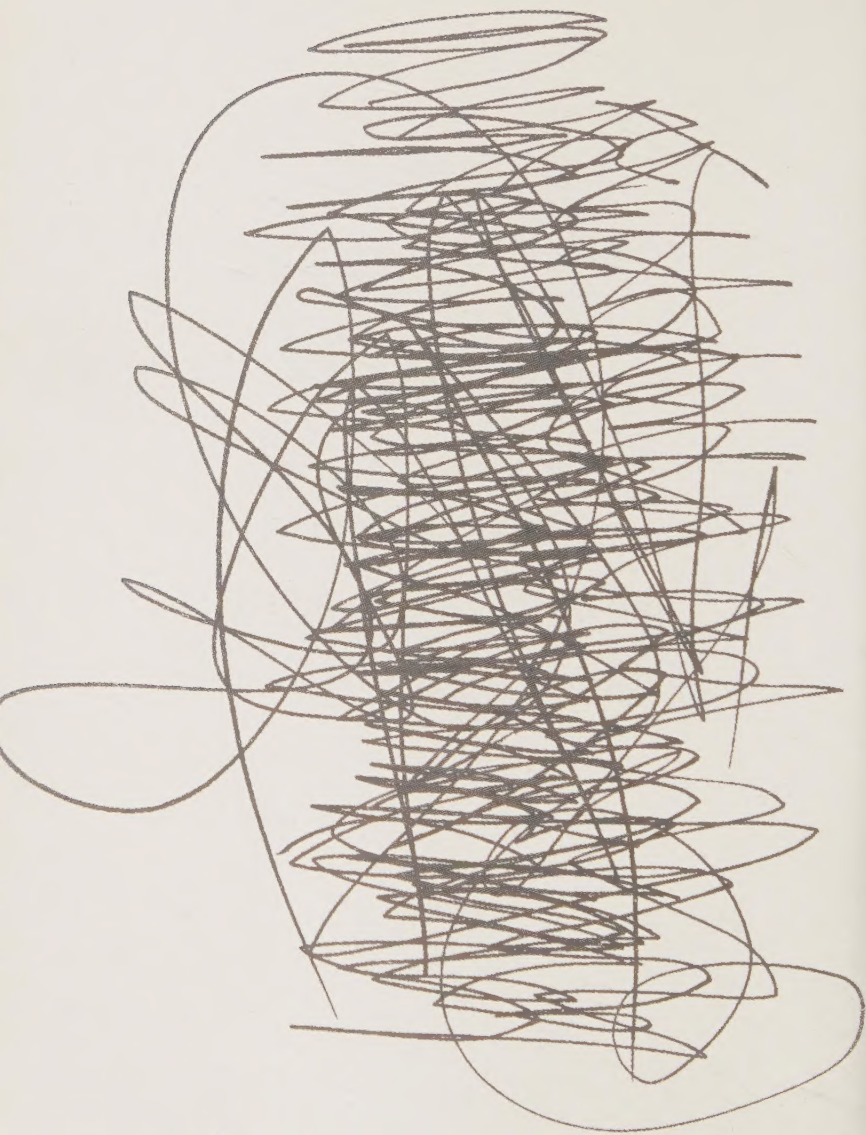
The Little
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WRITTEN BY LOTTA SONNINEN

ILLUSTRATIONS BY PIIA AHO

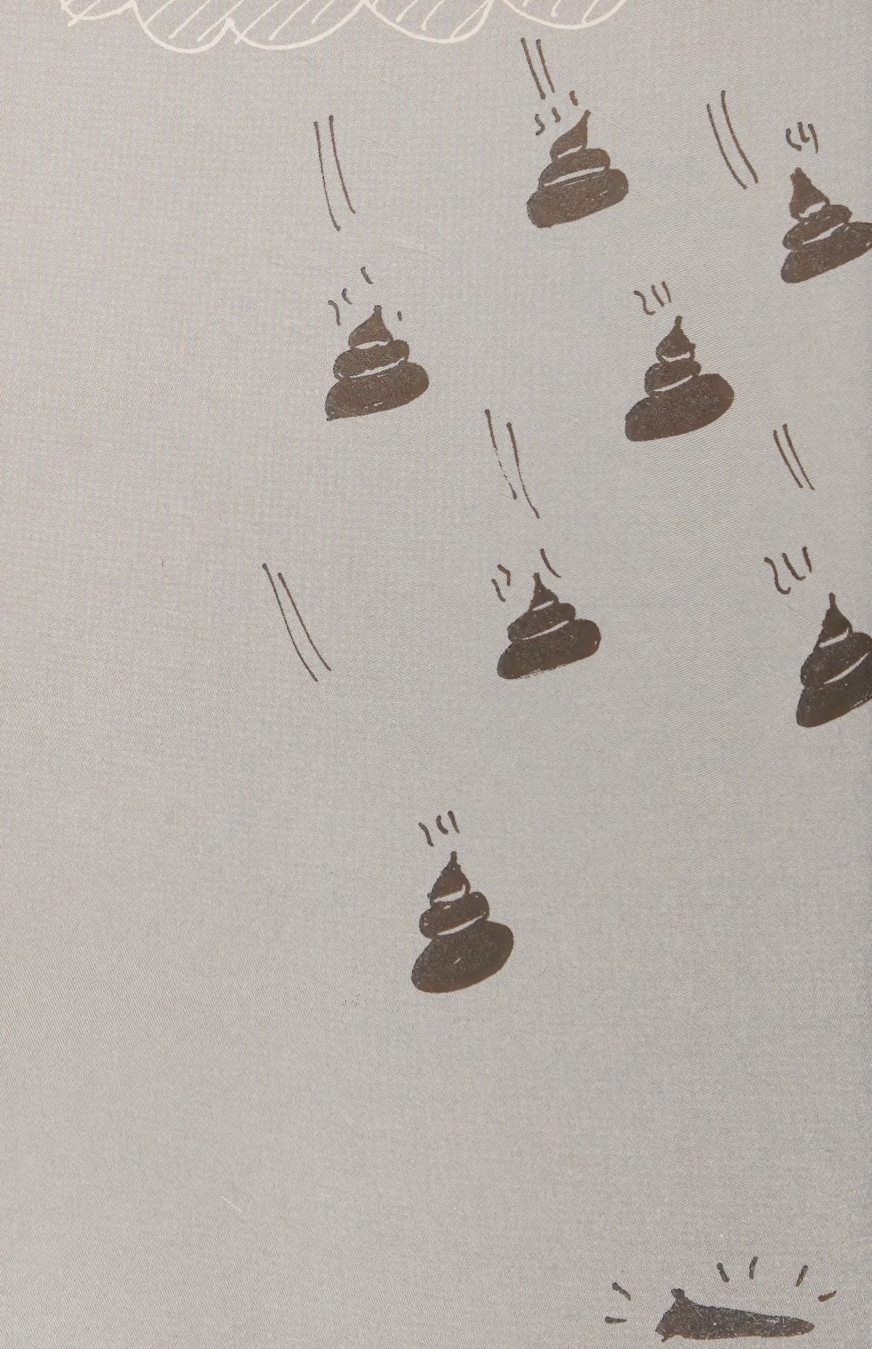


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LONDON • OXFORD • NEW YORK • NEW DELHI • SYDNEY

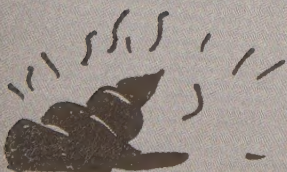


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BLAME
OTHERS



List what's wrong with your partner.

X

X

X

X

X

List what's wrong with your kids.

X

X

X

X

X

X

List what's wrong with your boss.

X

X

X

X

X

List what's wrong with your parents.

X

X

X

X

X

X

What annoys you about your friends?

NAME

FAULTS

What former boss/colleague/employee
still makes you angry and why?

Which of your exes do you still hate
and why?

How do you spot an idiot in the
supermarket queue?

How do you spot an idiot walking along
the pavement?



How do you spot an idiot **IN A RESTAURANT**?

How do you spot an idiot **on a date**?

How do you spot an idiot
IN TRAFFIC?

How do you spot an idiot ABROAD?

How do you spot an idiot *in print*?



Idiots I've met *at work*:

Idiots I've met IN THE STREET:



IDIOTS I'VE MET *on dates*:



Idiots I've met **in bars:**

Idiots I've met **THROUGH MY HOBBIES:**

Idiots I've met **online:**



List acquaintances or celebrities who...

...have had it way too easy

X

X

X

X

...think too much of themselves

X

X

X

X

...have no idea what's best for them

X

X

X

X

...should just go back to school

X

X

X

X

...should think more before opening their mouth

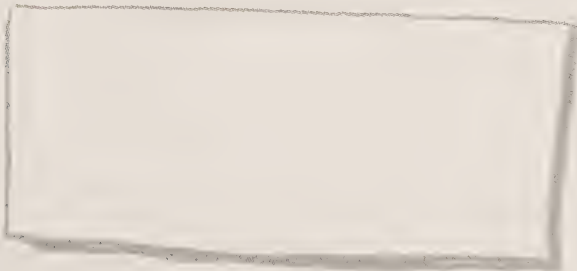
X

X

X

X

The absolutely most annoying type of
person is



Your boss's most irritating habit

Your partner's most irritating habit

Your teacher's most irritating habit

Your child's most irritating habit

Your grandmother's most irritating habit

Your neighbour's most irritating habit

The most irritating thing about TV

The most irritating thing about politics

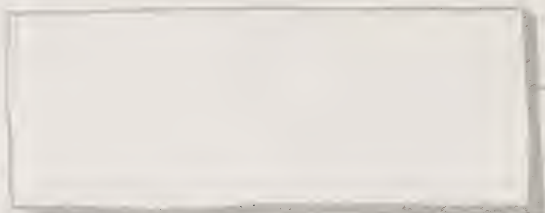


NAME

NAMES

what's wrong with your life?

WHAT'S WRONG



WHOSE FAULT IS IT?



Make a list of people who are **less
talented than you** but still more
successful

I'M JEALOUS OF...

NAME

REASON



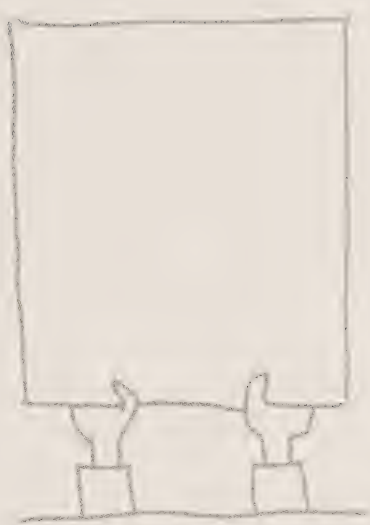
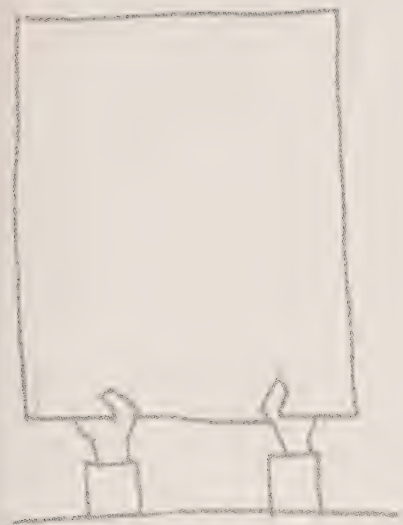


**SPEAK
YOUR MIND**



Most people don't understand these
extremely simple things:





Name four people you'd like to

TELL OFF.

USE THE SPEECH
BUBBLES TO GIVE
THEM A PIECE
OF YOUR
MIND.





Write your irritating neighbour
A NASTY NOTE.



Write a message to the former teacher
you **STILL HATE**.



Write a message to a shop assistant/
waiter/etc. **who once insulted you.**



Write a message to the ex you still
think is a bloodsucking vampire.





CHANNEL YOUR
BITTERNESS

Think of three ways to irritate
YOUR PARTNER

-

-

-

Think of three ways to irritate
YOUR PARENTS

-

-

-

Think of three ways to irritate
YOUR COLLEAGUES

-

-

-

Think of three ways to irritate
YOUR BOSS

-

-

-

Think of three ways to irritate
YOUR FELLOW TRAVELLERS

-

-

-

Think of three ways to be irritating **ONLINE**

-

-

-

Fill in the blanks.

My life would be much easier if
wasn't so

The world would be a much better place if
didn't always

can't even
and yet he/she always

I get bored out of my mind whenever
starts to talk about his/her

The next time starts to
I'm going to lose it.

I have no idea why I ever with

I truly don't know why was ever invented.

I don't understand why men always have to

I don't understand why women always have to

I don't understand why kids always have to

I don't understand why always has to

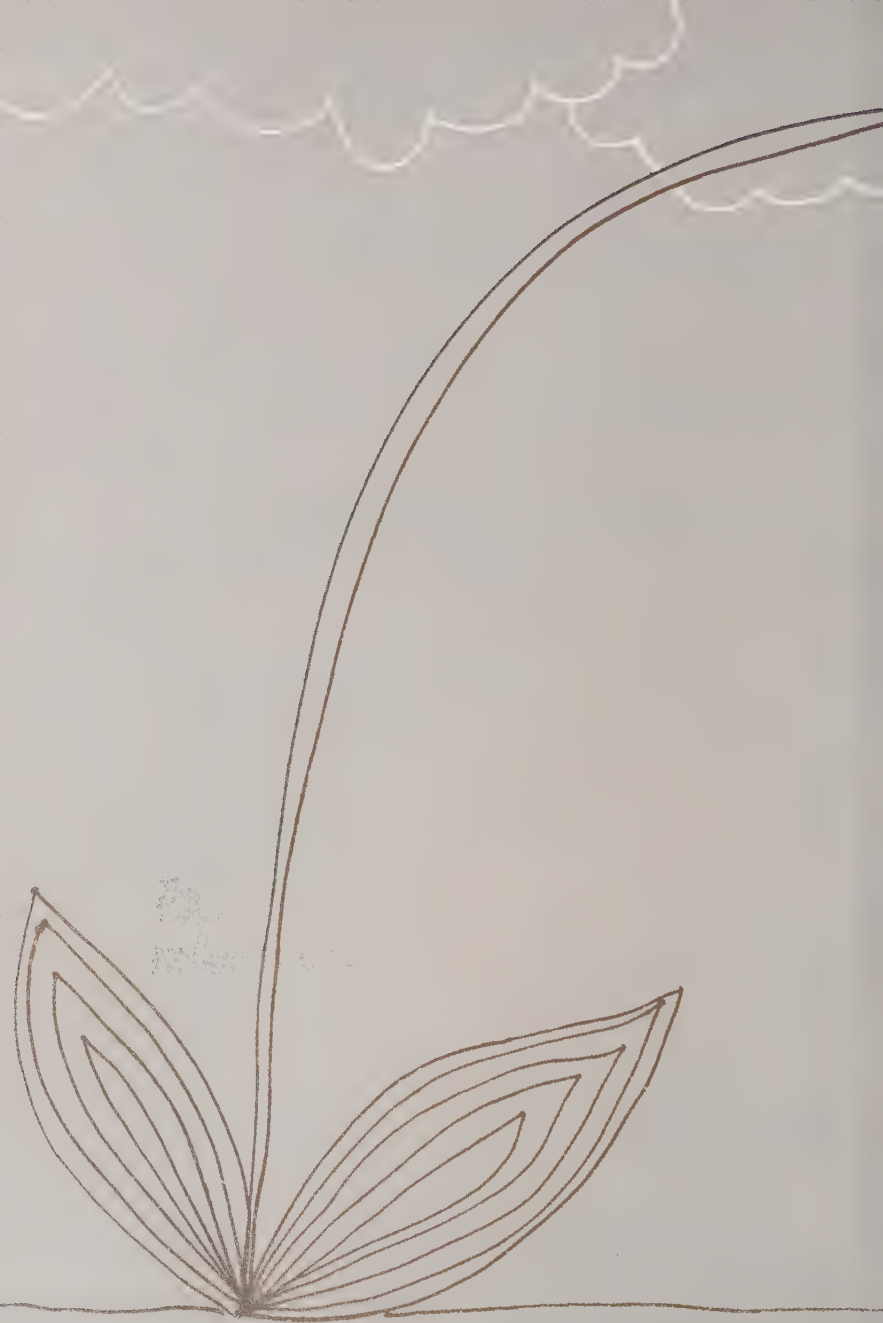
It's the 21st century for heaven's sake, why do
still ?

If I'd known that , I never would have

All are idiots because they

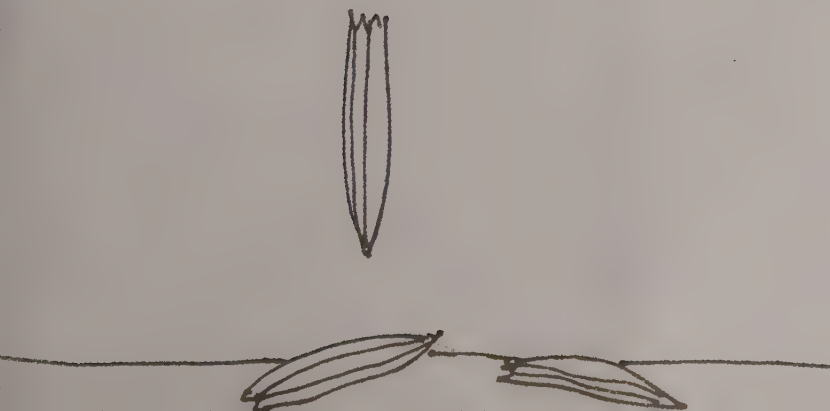
If I could decide
would be forbidden from

If I could decide would be
erased from the earth.





ANY DAY IS
A BAD DAY



List what went wrong this week.

STANDARD
PROBLEMS

UNEXPECTED
CATASTROPHES

Monday

Tuesday

Wednesday

Sunday

Saturday

Friday

Thursday

The Holiday of My NIGHTMARES

Location:

People:

Activities:

Menu:

The Christmas FROM HELL

Location:

People:

Activities:

Menu:

Keep an ingratitude journal!

Write down everything that's irritated you from Monday to Sunday.

On Monday I was annoyed by...

On Tuesday I was annoyed by...

On Wednesday I was annoyed by...

On Thursday I was annoyed by...

On Friday I was annoyed by...

On Saturday I was annoyed by...

On Sunday I was annoyed by...



**LIFE
SUCKS**



ON SOCIAL MEDIA

Infuriating status updates



Stupidest comments



Instacrap



Most birdbrained tweets



Emojis that need to be
punched in the face



Worst computer trouble

Most incompetent IT support



Draw new emojis to express rage
or frustration.

Use this space to write emails you wish
you could send but won't ever dare.



To:

CC:

Subject:

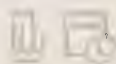




To:

CC:

Subject:

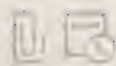


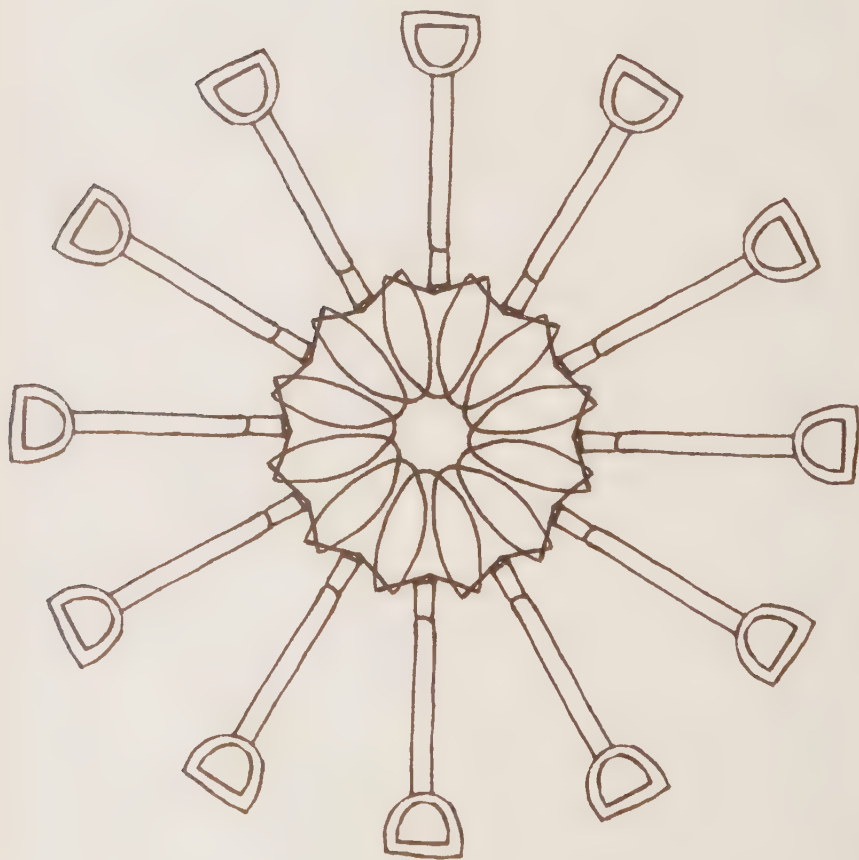


To:

CC:

Subject:





NO FORGETTING,

NO

FORGIVING

I most **regret...**

I'll **never** forgive...

I'm **STILL** bitter about...

List situations where you didn't think of
a **GOOD COMEBACK** until it was over.

TIME, PLACE AND PEOPLE

PERFECT COMEBACK



TIME, PLACE AND PEOPLE

PERFECT COMEBACK

Worst **TRAVEL DISASTER**

Worst **RELATIONSHIP DISASTER**

Worst *wardrobe disaster*

Worst **COOKING DISASTER**

Worst toilet disaster

Worst **DIY** disaster

Worst **EMAIL DISASTER**

Worst **CHILDHOOD DISASTER**

Worst memory of being **on stage**

Worst memory of **SCHOOL FOOD**

Worst **changing-room** memory

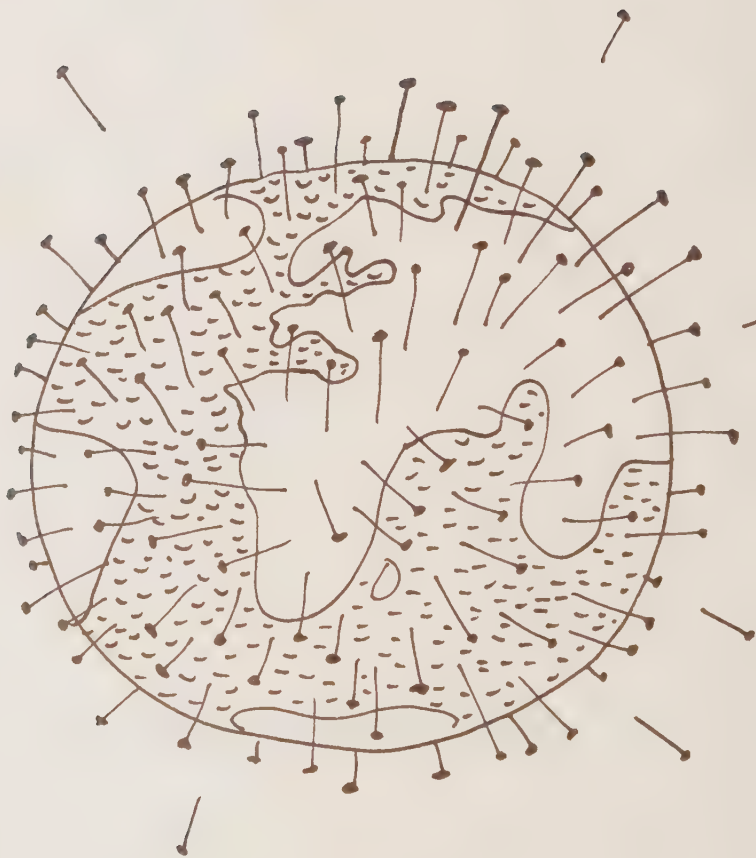
Worst memory of the *doctor*

Worst memory of the **d**entist

Worst memory from a **D**ATE

Worst memory of a **S**UMMER **J**OB

Worst memory of **T**ALKING TO YOUR **P**ARENTS



FIND
THE BAD
IN THE
WORLD

What ruins **WORK?**

What ruins your *breakfast?*

What ruins **a road trip?**

What ruins **A BUS RIDE?**

What ruins a *flight*?

What ruins a meal in a restaurant?

What ruins **A MOVIE**?

What ruins **A CUP OF TEA**?

What ruins a *new haircut*?

What ruins a **NIGHT IN**?

What ruins a **TV SHOW**?

What ruins a **BOOK**?

What ruins a **NIGHT OUT**?

What ruins a *beach trip*?

What ruins a **spending spree**?

What ruins a **WORKOUT**?

What's most irritating in **THE CITY**?

What's most irritating in **THE COUNTRYSIDE**?

What's most irritating about
THE GOVERNMENT?

What's the most irritating thing
you read in **THE PAPERS**?

What's most irritating about **THE RADIO**?

What's most irritating about **SOCIETY**?

What's the most irritating **LAW**?

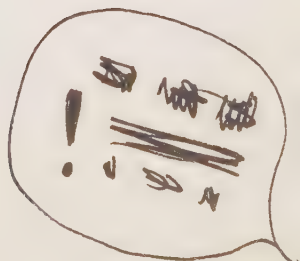


What annoys you about **kids**?

What annoys you about **TEENAGERS**?

What annoys you about **adults**?

What annoys you about **THE ELDERLY**?



What annoys you about
ANIMALS?



What annoys you about **you?**

What annoys you about **this book?**

My least favourite weather is...

My least favourite food is...

My least favourite drink is...

The most pointless tourist attraction is...

The stupidest form of entertainment is...

The worst music is...

The worst domestic chore is...

The stupidest kind of exercise is...

The most ridiculous piece of clothing is...

The most offensive status symbol is...

**DRAW SOMETHING STUPID AND
POINTLESS**



The most pointless invention is...

The most pointless hobby is...

The most pointless job is...

The most pointless animal is...

The most pointless motto is...

The most pointless conversation topic is...

The biggest waste of money is...

It's embarrassing to...

It's ridiculous to...

It's childish to...

It's rude to...

It's really awkward to...

It's unforgivable to...

It's overrated to...



List all the **ACHES** and
PAINS you have ever suffered
from, suffer from now, or fear
you may suffer from in the future.



BADDEN
YOUR
VOCABULARY

IRRITATING, *annoying*, **FRUSTRATING**...

Continue the list!

IDIOT, buffoon, moron...

Continue the list!

write swear words and insults in
different handwriting.

Why don't you go...

Eat...

write all the swear words you know
in a foreign language.



Write all the swear words you know
in English.



What buzzwords do you most hate?

Which clichés are most clichéd?

What words do you find most revolting?

What 'words of wisdom' are most inane?

Words only ever used by

IGNORANT HOOLIGANS

PRETENTIOUS SNOBS

TEENAGERS

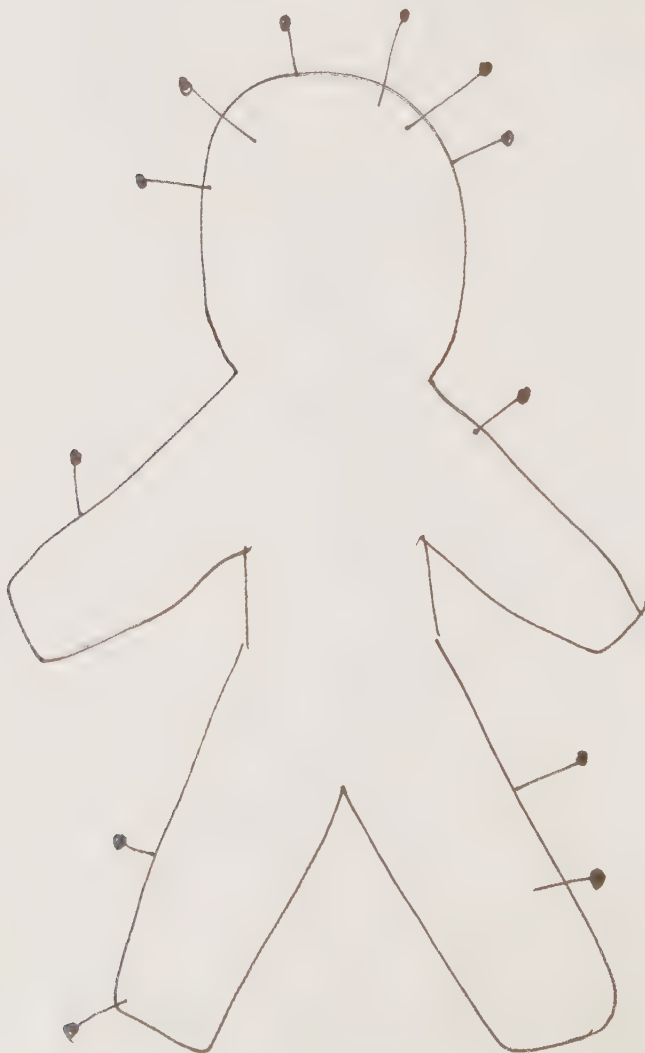
OLD FOSSILS





DRAW
THE LINE

Give this **voodoo doll** a face or other distinguishing features.



Draw a really **U G L Y** animal.

Draw and colour

A GROSS OUTFIT.



Draw and colour some

DISGUSTING FOOD.

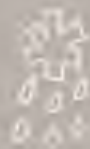


Draw a **traffic sign**
to forbid something you hate.

Design some *ugly* wallpaper.



HATE
IT UP



I HATE

- ☐ Public transport
- ☐ Cars
- ☐ Pedestrians
- ☐ Cyclists
- ☐

BECAUSE

I HATE

- ☐ Spring
- ☐ Summer
- ☐ Autumn
- ☐ Winter
- ☐

BECAUSE

I HATE

- ☐ Football
- ☐ Rugby
- ☐ Tennis
- ☐ Golf
- ☐

BECAUSE

I HATE

- ☐ Christmas
- ☐ New Year
- ☐ My birthday
- ☐ Bank holidays
- ☐

BECAUSE

I HATE

- ☐ Buying clothes
- ☐ Buying shoes
- ☐ Buying presents
- ☐ Buying a new phone
- ☐

BECAUSE

I HATE

- ☐ Dogs
- ☐ Cats
- ☐ Guinea pigs
- ☐ Pet owners
- ☐

BECAUSE

I HATE

- ☐ Rap
- ☐ Folk music
- ☐ Pop songs
- ☐ Classical music
- ☐

BECAUSE

I HATE

- ☐ Tuna
- ☐ Liver
- ☐ Sweetcorn
- ☐ Everything healthy
- ☐

BECAUSE

AT SCHOOL I HATED

- ☐ French
- ☐ PE
- ☐ Maths
- ☐ Geography
- ☐

BECAUSE

I HATE

- ☐ Lycra
- ☐ Suits and ties
- ☐ Woolly tights
- ☐ Onesies
- ☐

BECAUSE

I HATE

- ☐ Hoovering
- ☐ Washing up
- ☐ Ironing
- ☐ Emptying the dishwasher
- ☐

BECAUSE

I HATE

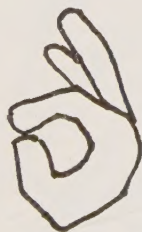
- ☐ Round-robin letters
- ☐ Notice boards
- ☐ Community meetings
- ☐ People
- ☐

BECAUSE

I HATE

- ☐
- ☐
- ☐
- ☐
- ☐

BECAUSE



Have a bad day!



Are you sick and tired
of staying positive?



COMPLAIN MOAN BE NEGATIVE

... write it down!

WARNING

Inflammatory content.
Hide this book from
anyone you know
or care about.

BLOOMSBURY PUBLISHING



ISBN 978-1-5266-0989-2



9 781526 609892



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